

ADULT SCALE OF PARENTAL ATTACHMENT-SHORT FORM

Directions: Please answer all of the following questions on the behavior of the person who you most identified as a mother figure while you were a child. This person may have been a step-parent, a grandmother, an aunt, or a woman who was unrelated but a primary caregiver. Choose the person you spent the most time with before age fourteen. Should you feel there was not a person in your life who you considered a mother figure, do not complete this section, but move on to the next section. Answer each question individually and as accurately as possible. Do not worry about consistency across answers; we expect contradictions will exist in some cases.

Survey Item	Scale				
	Never	Seldom	Sometimes	Frequently	Constantly
1. I had my mother with me when I was upset.	1	2	3	4	5
2. I resented my mother spending time away from me.	1	2	3	4	5
3. I was helpless without my mother.	1	2	3	4	5
4. I felt there was something wrong with me because I was distant from my mother.	1	2	3	4	5
5. I put my mother's needs before my own.	1	2	3	4	5
6. I felt abandoned when my mother was away for a few days.	1	2	3	4	5
7. I turned to my mother for many things including comfort and reassurance.	1	2	3	4	5
8. I wish there was less anger in my relationship with my mother.	1	2	3	4	5
9. I enjoyed taking care of my mother.	1	2	3	4	5
10. I got frustrated when my mother left me alone.	1	2	3	4	5
11. I was never certain about what I should do until I talked to my mother.	1	2	3	4	5
12. I often felt angry with my mother without knowing why.	1	2	3	4	5
13. I talked things over with my mother.	1	2	3	4	5
14. It was hard for me to get on with my work if my mother had a problem.	1	2	3	4	5
15. I felt it was best to depend on my mother.	1	2	3	4	5
16. I had a terrible fear that my relationship with my mother would end.	1	2	3	4	5
17. It made me feel important to be able to do things for my mother.	1	2	3	4	5
18. I needed my mother to take care of me.	1	2	3	4	5
19. I wanted to get close to my mother, but I kept pulling back.	1	2	3	4	5
20. I usually discussed my problems and concerns with my mother.	1	2	3	4	5

The Adult Scale of Parental Attachment was created by Snow, Sullivan, Martin, and Helm (2005), and later revised by Michael and Snow (2014) into a short form.

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Directions: Please answer all of the following questions on the behavior of the person who you most identified as a father figure while you were a child. This person may have been a step-parent, a grandfather, an uncle, or a man who was unrelated but a primary caregiver. Choose the person you spent the most time with before age fourteen. Should you feel there was not a person in your life who you considered a father figure, do not complete this section. Answer each question individually and as accurately as possible. Do not worry about consistency across answers; we expect contradictions will exist in some cases.

Survey Item	Scale				
	Never	Seldom	Sometimes	Frequently	Constantly
21. I turned to my father for many things including comfort and reassurance.	1	2	3	4	5
22. I felt abandoned when my father was away for a few days.	1	2	3	4	5
23. I put my father's needs before my own.	1	2	3	4	5
24. I worried my father would let me down.	1	2	3	4	5
25. I often felt too dependent on my father.	1	2	3	4	5
26. I resented my father spending time away from me.	1	2	3	4	5
27. It was easy for me to be affectionate with my father.	1	2	3	4	5
28. I wish there was less anger in my relationship with my father.	1	2	3	4	5
29. I sacrificed my own needs for the benefit of my father.	1	2	3	4	5
30. I felt it was best to depend on my father.	1	2	3	4	5
31. I got frustrated when my father left me alone.	1	2	3	4	5
32. It was hard for me to get on with my work if my father had a problem.	1	2	3	4	5
33. I talked things over with my father.	1	2	3	4	5
34. I often felt angry with my father without knowing why.	1	2	3	4	5
35. I needed my father to take care of me.	1	2	3	4	5
36. I had a terrible fear that my relationship with my father would end.	1	2	3	4	5
37. I usually discussed my problems and concerns with my father.	1	2	3	4	5
38. I enjoyed taking care of my father.	1	2	3	4	5
39. I felt there was something wrong with me because I was distant from my father.	1	2	3	4	5
40. I was never certain about what I should do until I talked to my father.	1	2	3	4	5

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